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EGG DISHES

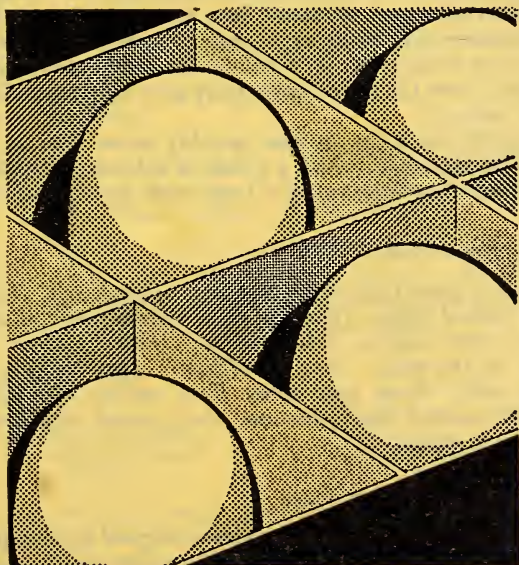
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ERVE EGGS OFTEN

eggs—A "Protective" Food

Eggs are one of the "protective" foods needed in every diet, say the nutrition experts.

Eggs rate as "protective" because they are a source of important minerals and vitamins needed to safeguard health. The yolk of an egg is one of the best sources of iron—a mineral in which diets often are low. Eggs also are a good body-building food, because they contain protein of high quality.

Young children need at least 4 or 5 eggs a week. Older members of the family may well eat from 3 to 5 eggs a week. If possible, however, every member of the family should have an egg a day. Every additional egg in the diet means added food value and extra "protection."

Cook Eggs at Moderate Temperature

The secret of success in cooking eggs is to use moderate, even heat. Cooked this way, eggs will be tender when they are done. Eggs cooked at too high a temperature become tough and leathery.

For cooking eggs in the shell, the water should simmer—never come to a boil. When frying eggs, keep the cooking temperature moderate by using a thick skillet and low heat under the pan. For egg-thickened mixtures made on top the stove, set the pan in which the mixture is cooking in another pan of water.

For baked custards and similar mixtures, set the baking dish in a pan of water in a moderate oven. For cakes made with many eggs, such as sponge cakes, have the oven moderate. For baked fruit whips and meringues, have the oven temperature even lower for slow, even baking.

Egg whites whip up more quickly when they are at room temperature. Add a pinch of salt to egg whites just before beating—to get a foam with greater volume.

Keep Eggs Cool

Once a good egg—it's not always a good egg, unless it is treated right. The egg itself carries some protection in the "bloom," which forms a natural seal for the pores of the shell. But, in addition, eggs need to be kept cool. Store eggs away from onions and other highly scented foods, because they absorb odors and flavors so easily.

Serve Eggs in Many Ways

There are hundreds and hundreds of good egg recipes. Given in this leaflet are some of the easiest and least expensive of all to prepare. In most cases, these recipes will yield six servings.

EGGS—IN THE SHELL AND OUT

Eggs Cooked in the Shell

USE 1 cup cold or warm water for each egg or enough to cover well. Bring the water gradually to simmering. Do not boil.

For soft-cooked eggs.—Simmer 3 to 5 minutes. Break hot into cup for serving, and season.

For hard-cooked eggs.—Simmer about 30 minutes. Serve hot from the shell. Or plunge the eggs into cold water and remove the shells.

Poached Eggs

Break eggs into boiling salted water in a shallow pan. Have the water deep enough to come over top of the eggs. Remove the pan from the heat as soon as the water commences to simmer again. Cover, and let stand for about 5 minutes, or until the eggs are as firm as you want them.

Remove the eggs carefully and serve on toast. Pour a little melted fat over them. Add salt and pepper to taste.

Poached eggs are also good served on a bed of flaky, cooked rice, or spinach or other greens.

Fried Eggs

Melt enough fat to cover the bottom of a frying pan. Add the eggs carefully, and cook them over low heat until the whites are firm. To cook over the top, dip the hot fat over the eggs with a spoon, or turn the eggs and cook them on both sides. Sprinkle with salt and pepper and serve at once.

Baked Eggs

Break the desired number of eggs into a hot, well-greased, shallow baking dish. Add butter or other fat, sprinkle with salt and pepper. Bake in a very moderate oven until the eggs are set.

With Cheese.—Before baking, pour enough milk over the eggs just to cover them. Sprinkle with a mixture of soft cheese and dry bread crumbs. Bake in a very moderate oven until the eggs are set and the crumbs are brown.

With Rice.—Put a layer of hot, cooked rice in a shallow, greased baking dish. Drop raw eggs carefully into nests made in the rice. Pour over this mixture a medium thick sauce made with milk or tomato juice. Sprinkle over the top with grated cheese and bread crumbs and bake in a slow oven until the eggs are set..

EGGS FOR THE MAIN DISH

Scrambled Eggs

For each egg, use 2 tablespoons of milk, and beat them together slightly. Season to taste with salt and pepper. Melt enough fat to cover the bottom of the skillet. Pour in the milk and egg mixture, and stir constantly over low heat until it thickens. Serve at once.

Scrambled Eggs With Tomatoes

8 eggs	2 tablespoons fat
2 cups tomato pulp (fresh or canned)	Salt and pepper

Cook the well-drained tomato pulp about 10 minutes until somewhat dry, in the fat in a skillet, or, to save cooking the tomato, add a slice of bread crumbled up, to absorb the tomato juice. Then add the eggs. Stir constantly and cook over low heat until the eggs are set. Season with salt and pepper to taste and serve at once.

Creamed Eggs and Fish

6 hard-cooked eggs	1 cup canned salmon
3 tablespoons fat	or other fish
3 tablespoons flour	Salt and pepper
2 cups warm milk	

Make a sauce by melting the fat and adding the flour. Mix thoroughly. Add the milk slowly, stir, and cook until thickened in a pan over hot water. Then cover and steam for about 10 minutes. Stir in the fish and eggs, which have been sliced. Season with salt and pepper to taste.

Diluted evaporated milk may be used in this recipe, or, if dry skim milk is available, combine 1 cup with 2 cups of cold water.

Scalloped Eggs and Macaroni

6 hard-cooked eggs	1/2 cup grated cheese,
2 cups cooked macaroni	if desired
2 cups white sauce	1 cup bread crumbs
Chopped onion, to taste	2 tablespoons melted fat

Cut the hard-cooked eggs into quarters. Mix the cooked macaroni with the white sauce made as in the recipe for Creamed Eggs and Fish. Add the onion, and the grated cheese if desired. Add the eggs, and pour into a greased baking dish. Mix the bread crumbs with the melted fat and spread over the top. Bake in a moderate oven until the crumbs are brown.

EGGS FOR THE MAIN DISH

Plain Omelet

For each egg, use 1 tablespoon of milk, and salt and pepper to taste. Beat the eggs just enough to blend the yolks and whites. Add the milk and seasoning. Heat a large, thick frying pan and add enough fat to cover the bottom of the pan. When the fat melts pour in the egg mixture. Cook over low heat. Lift the egg mixture with a knife, and let the uncooked portion run underneath, until the whole mass is of a creamy consistency. When the omelet is lightly browned, roll, and turn onto a hot platter. Serve at once.

Variations.—Sprinkle bits of cooked meat, chopped parsley, thinly sliced cheese, cooked vegetable, or delicately fried onion over the top of the omelet before rolling, or, add to the egg mixture before it is cooked, or, for a sweet omelet, add jelly or marmalade just before it is rolled. For a tomato omelet, use canned tomatoes instead of milk for the liquid in this recipe.

Potato or Rice Omelet

6 eggs	2 cups mashed potato
6 tablespoons cold water or milk	or
Salt and pepper	2 cups diced boiled potato
2 tablespoons fat	or
	2 cups flaky boiled rice

Beat the eggs and add the water or milk. Then combine this mixture with the potatoes or rice, and season to taste. Melt the fat in a large skillet, pour in the mixture, cover, and cook over low heat from 20 to 25 minutes, or until the omelet has set and lightly browned on the bottom. Serve at once.

Corn Pudding

3 eggs	2 tablespoons melted fat
2 cups fresh or canned corn or dried corn, soaked and cooked	Salt and pepper
	2 cups milk

Beat the eggs. Add all the other ingredients, and salt and pepper to taste. Pour into a greased baking dish, place in a pan of hot water, and bake in a moderate oven for about 1 hour, or until set in the center.

Cheese Fondue

6 eggs	1 cup cheese sliced very thin
2 cups hot milk	1 tablespoon fat
2 cups soft bread crumbs	Salt, to taste

Beat the eggs well. Mix the milk, bread crumbs, cheese, fat, and salt. Stir this mixture into the beaten eggs. Pour into a well-greased shallow pan and bake in a moderate oven for about 25 minutes, or until set and lightly browned on top. Serve at once.

EGGS WITH BREAD

Egg Toast

BEAT 2 eggs. Add $\frac{3}{4}$ cup of milk, salt, a little melted fat, and 1 tablespoon of sugar. Dip slices of dry bread quickly into the egg mixture, drain, and fry at once at moderate heat until golden brown on both sides. Serve with bacon, or jelly, sirup, or other sweet.

This quantity of egg and milk will be sufficient for 12 pieces of toast or 6 servings of 2 slices each.

Egg Spoon Bread

2 or 3 eggs	1 cup cold water
1 cup corn meal	2 cups hot milk
$\frac{1}{2}$ teapoons salt	3 tablepoons fat, melted

Mix the corn meal and salt thoroughly. Combine with the cold water, and stir until smooth. Add the hot milk, stir, and cook over low heat until the mixture thickens. Blend a small amount with the beaten eggs. Yolks and whites may be beaten separately if desired. Combine all ingredients. Pour into a well-greased hot pan or baking dish and bake for 45 to 50 minutes in a moderately hot oven. Serve from the dish in which baked.

If dry skim milk is available, mix $\frac{1}{2}$ cups with the corn meal and use all water for the liquid. All milk or diluted evaporated milk may also be used as the liquid in this recipe.

With Cheese.—Add $\frac{1}{4}$ pound of cheese (1 cup grated) to the thickened milk mixture. Stir until it has melted. Reduce the fat to 2 tablepoons if cheese is used.

With Bacon or Salt Pork.—Add $\frac{1}{2}$ cup of crisp fried bacon or salt pork cut into small pieces to the thickened milk mixture. Reduce the fat to 2 tablepoons and the salt to 1 teaspoon.

Egg Sandwich Suggestions

Combine sliced or chopped hard-cooked eggs, chopped pickle, and salad dressing to moisten. Serve between slices of bread.

Mix scrambled eggs, hot or cold, with catsup or tomatoes. Serve as sandwich filling.

For a hearty "western" sandwich, beat 3 eggs. Add 3 tablepoons cold water and beat again. Brown $\frac{1}{2}$ cup of chopped onion in 2 tablepoons of fat. Mix 1 cup of cooked finely chopped meat with the egg and water, and season with salt and pepper to taste. Add to the onion, stir, and cook until the egg is set.

EGGS IN DESSERTS

Soft Custard

5 to 6 eggs, beaten	$\frac{1}{8}$ teaspoon salt
1 quart milk	$\frac{1}{2}$ teaspoon vanilla or
$\frac{1}{3}$ to $\frac{1}{2}$ cup sugar	cinnamon or nut- meg, if desired

Heat the milk in a pan over hot water. Mix the sugar, salt, and beaten eggs. Add some of the hot milk slowly to the beaten egg-and-sugar mixture. Place in a pan over hot, not boiling, water, and stir constantly until the custard coats the spoon. Remove from the hot water at once, cool, and add the vanilla, or a small amount of spice to flavor.

For the liquid in this recipe, diluted evaporated milk may be used, or, if dry skim milk is available, combine 2 cups with 1 quart cold water for the liquid.

Bread or Rice Pudding

4 eggs, beaten	$\frac{1}{2}$ cup sugar or mo- lasses
1 quart milk	Salt, to taste
2 cups bread crumbs	4 tablepoons fat
or	1 cup raisins, if de- sired
2 cups cooked rice	

Prepare the bread crumbs by pulling dry bread into small pieces. Over hot water heat the milk, bread crumbs or rice, sugar or molasses, salt, and fat. Pour some of the hot mixture into the beaten eggs. Combine with all the other ingredients. Pour into a baking dish, set in a pan of hot water, and bake in a moderate oven for about 1 hour, or until the pudding is firm in the center. If raisins or rice are used, stir the pudding well when partially set so they will be all through the pudding.

Diluted evaporated milk may be used for the milk in this recipe, or, if dry skim milk is available, combine 2 cups with 1 quart of cold water for the liquid.

Fruit Whip

4 to 5 egg whites	$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ pound dried prunes,	$\frac{1}{4}$ teaspoon salt
dried peaches, or	1 tablespoon lemon
dried apricots	juice, if available

Wash the fruit thoroughly. Soak overnight in 1 cup of hot water. Cook the fruit until soft in the water in which it has been soaked. Press through a sieve. There should be 1 cup of pulp after sieving. Add the sugar to the fruit pulp, and heat carefully. Add the salt to the egg whites and beat them until stiff. Fold the hot fruit mixture into the beaten whites. Add the lemon juice. Chill and serve plain, with top milk, or with a soft custard made from the yolks, allowing 2 egg yolks in place of each whole egg called for in the Soft Custard recipe.

MORE EGGS TO MORE FAMILIES

EGGS, an important contribution to a nutritive diet, are produced on more farms in this country than any other agricultural commodity. However, many American families cannot afford to buy all the eggs they need and want. To enable these families to use more eggs and thereby to build a wider market for poultrymen, the Agricultural Marketing Administration of the Department of Agriculture, when supplies have been large, has included eggs on the list of foods obtainable with free blue stamps under the Food Stamp Plan. Eggs also have been bought by the AMA from time to time for direct distribution by State welfare agencies to families receiving public aid and for use in school lunches.

While the primary purpose of this leaflet is to assist in a more effective use of eggs by low-income families, the information on preparing eggs economically in a variety of ways will be useful to any consumer.

Prepared by

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